

## PROGRAM DETAILS

- Club membership/registration fees
- Indoor & Outdoor league & registration fees
- Qualified coaches delivering a set curriculum
- Player development plan & goal setting
- 11v11 game format
- Fitness Program throughout the entire season (3 x blocks of 8)
- Games against opposing GTA clubs
- 3 x training sessions per week
- Memorable experiences
- Team tournaments (additional cost at the team's discretion)
- Games recorded VEO sessions (club has 2 VEO cameras)
- 46 weeks of training over a one-year program
- Starts 6<sup>th</sup> October 2025 20<sup>th</sup> September 2026
- The kit will be ready for fitting and collection before we kick off our first game





## PROGRAM DATES

Program Dates - 46 Week season

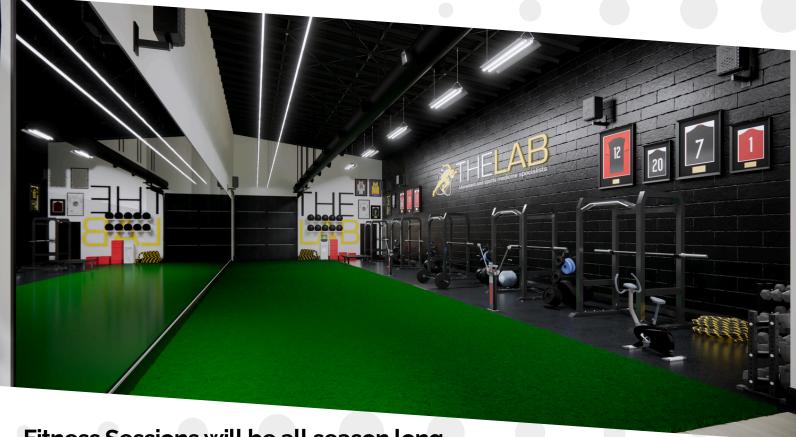
October 6<sup>th</sup> -21<sup>st</sup> December (11 weeks) 2-week break for Christmas 5<sup>th</sup> January – 8<sup>th</sup> March (9 weeks) 1 week break for March break 16<sup>th</sup> March – 28<sup>th</sup> June (15weeks) 1 week break for Canada Day 6<sup>th</sup> July – September 20<sup>th</sup> (11 weeks)

#### NEW FOR THIS SEASON BASELINE TESTING

Players will have a series of tests periodically throughout the season. Each player will receive their own report card, showing how proficient they are in specific physical skills at a particular time. The assessment aids coaching staff in determining their players' strengths and areas for development.



### **FITNESS**



Fitness Sessions will be all season long.

24 sessions throughout the year working on soccer-specific strength and fitness needed for the modern game.

3 x 8-week blocks (fall, winter, and summer)

Teams will go as a team, and it will be scheduled into their weekly practice on a day when they do not have training or games



# TEAMMEAR PURA®

COST - \$325 total

DELIVERY DATE - try & buy at a local vendor.

INCLUDED - training jersey, home and away kits, full tracksuit, and a bag.

ADDITIONAL KIT - additional teamwear and kit will be available on the online store, should people want extra training jerseys, base layers, noshow socks, etc

NEXT UNIFORM PURCHASE DATE - This will be our kit for the next few years, so you will only need to make a purchase in the future when it is required. Individual items will be available.













## COST

FULL COST OF PROGRAM: \$3850

**FULL COST OF KIT: \$325** 



**DUE ON REGISTRATION - \$550** 

NOVEMBER 10, 2025 - \$550

**DECEMBER 10, 2025 - \$550** 

**JANUARY 10, 2026 - \$550** 

FEBRUARY 10, 2026 - \$550

MARCH 10, 2026 - \$550

**APRIL 10, 2026 - \$550** 







### CONTACT



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